



The City of Scottsdale Parks & Recreation Division
in partnership with Scottsdale Healthcare presents

Fall Focus on Fitness

This unique 4-week program is designed to help you learn how to keep fit for life through awareness and education of healthy lifestyle choices. Each FREE session listed below will include a fitness activity and a health screening or brief discussion of a wellness topic.

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
WELLNESS TOPIC Body Mass Index, Blood Pressure, and Cardiovascular Fitness	WELLNESS TOPIC Muscle Strength and Muscle Endurance	WELLNESS TOPIC Nutrition and Healthy Food Choices	WELLNESS TOPIC Stretching and Flexibility
ACTIVITY & LOCATION Tuesday 10/24, 9:00 am Chaparral Park Group Walk Wednesday 10/25, 9:00 am Pinnacle Peak Park Group Hike Thursday 10/26, Noon Club SAR Intro to Cardio Equipment	ACTIVITY & LOCATION Tuesday 10/31, 9:00 am Chaparral Park Group Walk Wednesday 11/1, 9:00 am Pinnacle Peak Park Group Hike Thursday 11/2, Noon Club SAR Weight Training Orientation	ACTIVITY & LOCATION Tuesday 11/7, 9:00 am Chaparral Park Group Walk Wednesday 11/8, 9:00 am Pinnacle Peak Park Group Hike Thursday 11/9, Noon Club SAR Basic Boxing Circuit Training	ACTIVITY & LOCATION Tuesday 11/14, 9:00 am Chaparral Park Group Walk Wednesday 11/15, 9:00 am Pinnacle Peak Park Group Hike Thursday 11/16, Noon Club SAR Beginning Yoga Class

For more information call (480) 312-2353 or visit www.ScottsdaleAZ.gov/parks

Chaparral Park
5401 N. Hayden Road
(480) 312-2353

Pinnacle Peak Park
26802 N. 102nd Way
(480) 312-0990

Club SAR
4415 N. Hayden Road
(480) 312-2669